

HPMC OCCUPATIONAL
MEDICAL SERVICES

Heart Health

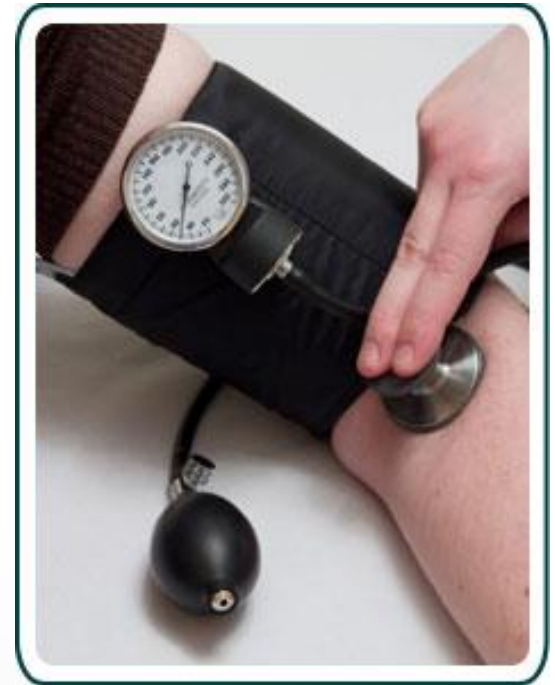
Health Education Services

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376-3939

Heart Disease Facts

- ◆ Approximately 600,000 people die of heart disease in the United States each year
- ◆ Heart disease is the leading cause of death in men & women
- ◆ Coronary heart disease is the most common form of heart disease
- ◆ 49% of Americans have at least one of these risk factors:
 - High blood pressure
 - High LDL cholesterol
 - Smoker



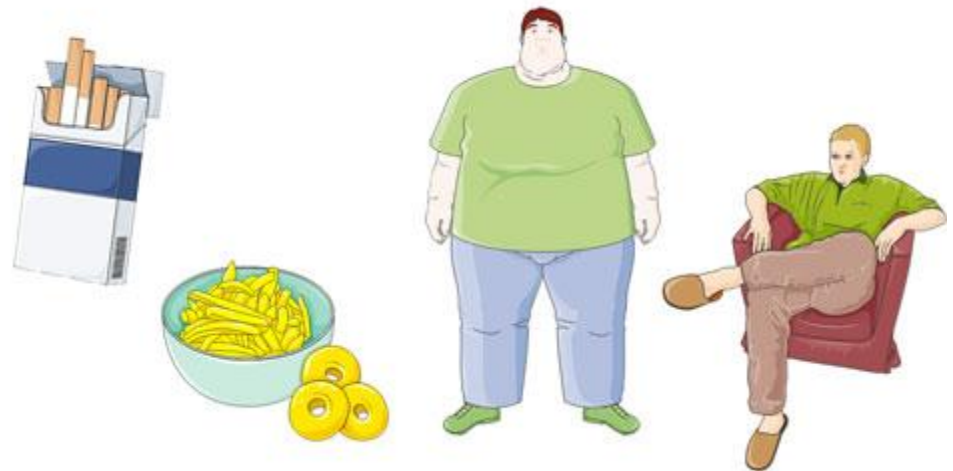
Heart Disease Risk Factors

◆ Controllable/Lifestyle Factors

- Smoking
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes
- Diet

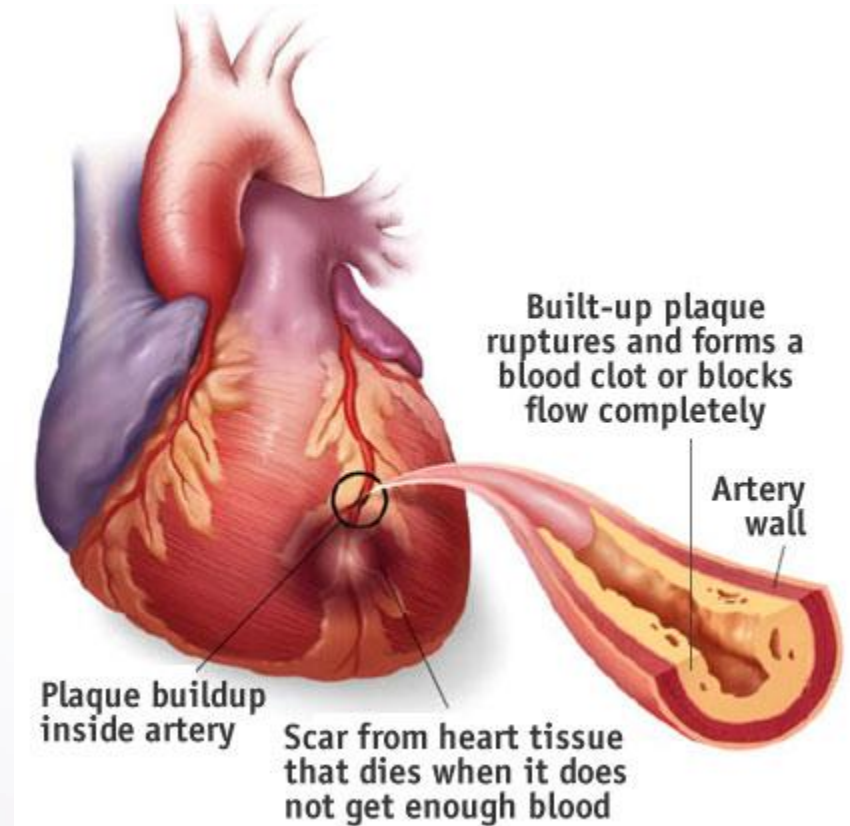
◆ Uncontrollable/Genetic Factors

- Increasing Age
 - Men- 45 years and older
 - Women-55 years and older
- Gender
- Family history

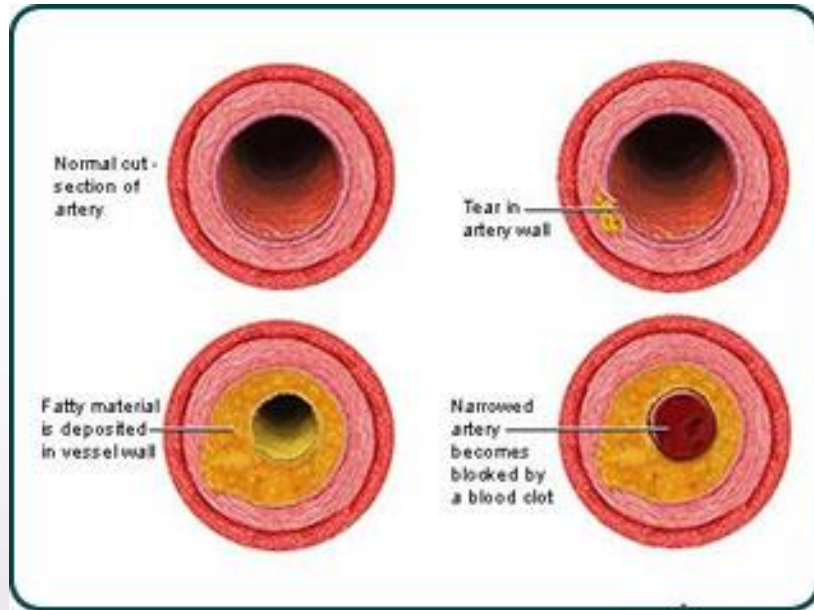


Heart Attack: What is it?

A heart attack occurs when the blood flow to the heart is blocked or reduced. The reduced blood flow can be caused by plaque build up or a clot. A section of the heart muscle dies or gets damaged because of a reduced blood supply.



Coronary Artery Disease



A form of heart disease that occurs when a substance called plaque builds up in the arteries that blocks the supply of blood to the heart. Plaque is made up of cholesterol deposits. Plaque eventually harden over time which causes the passageway to narrow and limits the blood supply.

Heart Attack Symptoms



- ◆ Pain or discomfort in back, neck, or jaw
- ◆ Feeling weak, light-headed, or faint
- ◆ Chest pain or discomfort
 - Center of chest that last for more than a few minutes or it goes away then comes back
- ◆ Pain or discomfort in arms or shoulder
- ◆ Shortness of breath
- ◆ Cold sweats
- ◆ Nausea and vomiting

Responding to a Cardiac Emergency

- ◆ Check the scene to ensure it is safe
- ◆ Call 911
- ◆ If you are trained in CPR follow the steps in the Chain of Survival

Using the Chain of Survival

Rapid activation of
EMS via 9-1-1.



9-1-1



CPR

CPR started quickly.

Early use of automated
external defibrillator (AED)



AED



CARE

Rapid delivery of
appropriate and timely care.

Heart Disease Prevention

- ◆ Eat a healthy diet
 - High in fruits & vegetables
 - High in fiber foods
 - Foods low in fat and cholesterol
- ◆ Maintain a healthy weight
- ◆ Exercise regularly
- ◆ Don't smoke
- ◆ Limit alcohol consumption



Treatment

- ◆ Reduce risk factors
- ◆ Monitor blood pressure & blood cholesterol
- ◆ Manage diabetes
- ◆ Take medications as prescribed
- ◆ Regular doctors visits



For questions or to set up a one-on-one
health coaching appointment contact:

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